

OKYEAME

December 14, 2006

American Embassy,
Accra

Inside this issue:

Happy Hanukkah!	1,4
Postcards from the Edge	2,3
Staying Healthy	5
Around Town	6
Community News & Events	7
Classifieds	8-9
US Mission Announcements	10-11



THE HISTORY OF HANUKKAH

Hanukkah is celebrated for eight days and nights, starting on the 25th of Kislev on the Hebrew calendar (which is November-December on the Gregorian calendar). In Hebrew, the word "Hanukkah" means "dedication." The holiday commemorates the rededication of the holy Temple in Jerusalem after the Jews' 165 B.C.E. victory over the Hellenist Syrians. Antiochus, the Greek King of Syria, outlawed Jewish rituals and ordered the Jews to worship Greek gods. In 168 B.C.E. the Jews' holy Temple was seized and dedicated to the worship of Zeus. Some Jews were afraid of the Greek soldiers and obeyed them, but most were angry and decided to fight back. The fighting began in Modiin, a village not far from Jerusalem. A Greek officer and soldiers assembled the villagers, asking them to bow to an idol and eat the flesh of a pig, activities forbidden to Jews. The officer asked Mattathias, a Jewish High Priest, to take part in the ceremony. He refused, and another villager stepped forward and offered to do it instead. Mattathias became outraged, took out his sword and killed the man, then killed the officer. His five sons and the other villagers then attacked and killed the soldiers. Mattathias' family went into hiding in the nearby mountains, where many other Jews who wanted to fight the Greeks joined them. They attacked the Greek soldiers whenever possible.

Judah Maccabee and his soldiers went to the holy Temple, and were saddened that many things were missing or broken, including the golden menorah. They cleaned and repaired the Temple, and when they were finished, they decided to have a big dedication ceremony. For the celebration, the Maccabees wanted to light the menorah. They looked everywhere for oil, and found a small flask that contained only enough oil to light the menorah for one day. Miraculously, the oil lasted for eight days. This gave them enough time to obtain new oil to keep the menorah lit. Today Jews celebrate Hanukkah for eight days by lighting candles in a menorah every night, thus commemorating the eight-day miracle.

The Menorah

On each night of Hanukkah, the menorah is lit to commemorate a miracle which occurred after the Jews proclaimed victory over the Syrian armies in 165 B.C.E. When Jews came to rededicate the Temple-which had been defiled by the Syrians-they found only one small flask of oil with which to light the menorah. This flask contained only enough oil for one day, yet the lamp burned for eight days (by which time a fresh supply of oil was obtained).

- In Israel, the Hanukkah menorah is called the Hanukiyah
- Menorahs come in all shapes and sizes. The only requirement is that the flames are separated enough so that they will not look too big and resemble a pagan bonfire.
- Ancient menorahs were made of clay. They consisted of small, pearl shaped vessels, each with its own wick, which were arranged side-by-side.
- Today's menorah, which stands on a base from which the branches sprout, resembles the holy Temple's menorah and started to appear towards the end of the Middle Ages.

Amazing Hanukkah Feats: Ever since the days of the Maccabees, Jews around the world have been attempting incredible feats in honor of Hanukkah. None of the record attempts listed below have yet to make it into The Guinness Book of World Records, but students at the Chabad House at Rutgers University think that this might be the year that their 16-foot dreidel gets officially *continued on page 4*

CLO Office Hours



Mon-Thurs
8am-4pm
Fri

8:00 am-
12:00pm

If you have news, classified, suggestions, letters, restaurant reviews etc. for the Okyeame, please write to the Editor, **Mikelle Antoine** at:

accraokyeame@yahoo.com
Deadline Monday 5pm

Please let us know what you would like to see in the Okyeame. Your suggestions, criticism and story ideas are most welcome!

The Okyeame is published weekly by the United States Mission, Accra. It is for the use of all Mission employees and their families. Post activities and items of general interest are included in this newsletter. Please send news items, suggestions and classified ads to accraokyeame@yahoo.com. Submission deadline is COB Monday of publication week. Classified ads may be placed by members of the Mission or members of other foreign missions stationed in Ghana. Ads will be run for three weeks and can be renewed. If an item is sold before the three weeks are up, please notify accraokyeame@yahoo.com. Ads and submissions are accepted based on appropriateness and relevance to the Embassy community. Okyeame is a Twi word meaning linguist, or chief's spokesperson.



Big Noses In Beijing is the title of Sally Grattidge's engaging book about her family's experiences moving to and living in China. Here, just for our readers, we've excerpted the prologue and one chapter. Read more about Sally Grattidge at the end of this excerpt.

Prologue

The Chinese call us foreigners "Big Noses." They are referring, of course, to our large, oddly-shaped proboscises versus their small, neat oriental model. It's not a particularly derogatory term, but probably not the sort of thing you'd want to call the boss's wife to her face. To the mind of a Big Nose, China is a puzzle. They put diapers on horses, but not on children. Toothbrushes were invented there, yet tooth decay is rampant amongst much of the population. Construction workers look tough and manly in their hard hats and steel-toed boots, then stroll to lunch holding hands with each other. In China's communist society, individual free enterprise is alive and thriving. The country has a poor record in human rights, yet people can walk down any street, at any time, day or night, without fear for their safety.

China's contradictions colour the life of every foreigner who lives there. For me, it was a roller-coaster ride that had me totally exhilarated one moment, and darkly despondent the next. The intoxicating animation and visual variety of Asian life, the beauty of the art and architecture, and the opportunities to travel to unique and fascinating places made me want to live there forever. But garbage on the streets, the lack of privacy and personal space, and the sheer frustration in trying to get the simplest things done made me want to leave on the next plane. I went to China knowing little about the Chinese people. My prior experience was a week's vacation in Hong Kong, where at best I was met with indifference, and visits to Chinatowns around the world, where the shadowy incense-filled stores, indecipherable writing and inscrutable stares left me a little intimidated. What I discovered, once living in Beijing, was that Chinese people are like people of any race, creed or country: there are good ones and bad ones. Yet, they really are not like any other race. They are descended from the oldest culture on earth, have endured a chequered and bloody history that couldn't help but leave its mark, and have a collective personality so full of quirks that many an outsider is left bewildered. I did learn a lot about the Chinese while in China, but often it seemed that the more I learnt, the less I understood. One thing I am sure about, however, is that I am vastly richer for the experience of living alongside them in their country.

During my first few weeks in Beijing, I met an American expatriate who had just returned to China for yet another stint. "I can't stay away from this place; I keep coming back," she told me one afternoon. At the time, I didn't really understand her, bogged down as I was by the endless difficulties of trying to create a new life in this strange land. I was overwhelmed by the effort required to organize anything, so the banalities of everyday living were consuming all of my energy and attention. What on earth was I doing here, in this relentlessly difficult place? And why on earth would anyone keep coming back? "It gets under your skin," she said. She was right. It got under mine. Excerpt from *Big Noses in Beijing* by Sally Grattidge.

Chapter Six: Staying Alive

By far the most effective step we took to improve our Beijing existence was to hire a car and driver. Like an oriental fairy godfather, Mr. Wu entered our lives. It sounds rather decadent, having your own driver, and it was. But the alternatives were to keep on using taxis - a definite non-starter - or to obtain our own vehicle and drive it ourselves. Negotiating a four-wheeled vehicle around the streets of Beijing is rather like being in the middle of a giant Nintendo game - dodging hazards that come at you from any direction and at unpredictable speeds. Not something I really wanted to face at that point. Hiring a driver seemed to make much more sense. And Mr. Wu became more than just our driver. He was our caretaker, our deal-maker, our Mr. Fixit. If our lives were a game of Monopoly, he would have been our "get out of jail free" card too.

Mr. Wu was of our vintage, married with a son, and with aging parents who shared his apartment. Previously a truck driver, delivery man, taxi driver, interior decorator, entrepreneur and sometime gambler, he was a man who had seen a bit of life. He dressed trendily - Chinos, golf shirts and leather shoes - although always looked to be in need of a haircut and a good night's sleep. (His wife later told us that she didn't marry him for his looks, but for his mind.) Mr. Wu possessed excellent driving skills. He was aware of all other vehicles in his vicinity, no matter which strange and unexpected angle they approached from. He could manoeuvre his way quickly through any Beijing street, even the most thoroughly jammed. He would calmly, but aggressively, jockey for position at every large junction, where trucks, buses and cars competed with bicycles and mule carts to be the first one to squeeze into the only moving lane of traffic. These excellent driving skills might have raised a few eyebrows in the West - even provoked a few road rages - but in Beijing they were absolutely appropriate.

To begin with, Mr. Wu drove us around in his own car. The fact that he owned a car made him quite a unique individual. When your average Beijinger didn't even have a telephone, it was unusual indeed to find one with private transportation. We were even more surprised when, upon discussing with him the merits of purchasing our own vehicle, he promptly offered to lend us the cash - around \$15,000. This man was wealthy. How he got his money was a subject steeped in mystique, but rumour had it that he enjoyed games of chance, in particular mah jong. Anyway, for several months he chauffeured us around in his classic, egg-shell blue, Shanghai Sedan. This was the type of big old car that party officials used to ride around in . . . in considerable comfort. It could sleep at least four and had suspension with as much give as a trampoline. Our expat friends all thought this mode of transport was "really cool." Richard's Chinese colleagues, on the other hand, couldn't understand why foreigners would want to be seen in something so antiquated. Despite its capacious interior, the Sedan had very little trunk space. And apparently seat belts had not been invented when it was built. Unwilling to go native when it came to safety on the roads, we decided that we really needed a family vehicle in which we could secure a child's car seat, and into which we could throw all that unfathomable gear that you tout around for one tiny scrap of life. *Continued on page 3-4.*

Continued from page 2. So Mr. Wu soon had a gleaming red Jeep Cherokee to drive around and, foreign cars being a bit of a status symbol, was very pleased with himself. We weren't quite so thrilled: the thing resembled a Cherokee but, having been manufactured locally by the Chrysler joint venture, its Chinese parts and assembly gave it a tractor-like quality and a propensity to break. Still, it was ours and it was another step towards taking control of our lives. On the face of it, Mr. Wu was not unlike the chauffeurs that you find in the West. He was very polite, punctual and helpful, and knew his way around town. He kept our car spotlessly clean, well maintained and filled with gas. But the similarities ended there. For one thing, he didn't actually need to work. His wife had a good job, with a salary that easily covered their subsidized living expenses. He could have, had he wanted to, returned to the mah jong board. But Wu was an intelligent man, and not quite ready to tread water. He worked for us because he enjoyed it. His workload was far from onerous; driving me somewhere once or twice a day, and Richard to and from the office, left plenty of time to relax. But I think the biggest clincher for him were the fascinating anthropological study opportunities. As foreigners, we lived very differently than a Chinese family. Our homes, our clothes, the things we ate, the things we did, our likes and dislikes all provided him with endless entertainment and food for thought. At first I found it a little inhibiting, the fact that this man was witness to my every foray into the markets and every visit to the butcher. Most of my trips by car were to go shopping or to visit friends, and I realized that my lifestyle must look rather frivolous to him; I felt like telling him about some of the more intellectual pursuits that I carried out at home. The Chinese are not at all embarrassed when it comes to discussing money, so he usually asked what I paid for my purchases, whether it was a pair of jeans or a dining room table. And, of course, passed judgment on my answer. As the months passed, and my bargaining skills improved, his comments became more favourable. I knew that I had really made it when he started telling Richard about my market scores. And that's not the only information he passed on.

My better half was soon able to dispense with the "So what did you do today, dear?" line when he came home in the evening; he had already been given a full description of my activities during his journey from work. He could just cut straight to the chase: "How is Lesley, I hear that you saw her today?" or "That cabinet you bought sounds interesting". The fact that Mr. Wu was witness to my every move sometimes worked in my favour. On more than one occasion, he came to my rescue when I ran out of money. A credit card was useless - nothing but a curiosity - in most of the places I shopped, so it helped to have my minder with his wads of cash hovering nearby. Mr. Wu often expressed surprise at the amount of groceries that I bought each week. He couldn't believe that our small family could possibly eat and drink so much. On one occasion, I explained that a lot of it was cans and cartons, as Richard likes to drink pop and juice in large quantities. I guess this tickled his fancy, because it became a standing joke. One evening, when he came to pick me up and drive me to dinner with friends, he said to Richard, "So you're going to stay home and drink apple juice, are you?" Far from being a one-sided study of a foreign race, this was really a mutual cultural exchange. Mr. Wu was always happy to share his thoughts with us, and so we received a running commentary on how our daily lives compared with those of a Chinese family. One morning he told me that he had stayed out too late with his buddies the previous night, so I suggested that he get back in favour by buying his wife some flowers. "That would be no good," he said, "Chinese people don't appreciate flowers the way Westerners do." "So what would she like instead?" I asked. "A leather handbag," was the reply. Of course. The Chinese are a practical people, so many would consider a usable and permanent gift to be much better than something as transient as flowers. In addition to what he told us, some of the things he did also gave us an insight into the differences between our two cultures. Mr. Wu ran many little errands for us; picking up packages from the post office, getting keys cut, dropping off this, repairing that. He also took our exposed films to be developed. The processing seemed to take a long time, but this was China so we thought nothing of it . . . until the day he handed over a newly-developed pack and announced that his wife wanted copies of a couple of them. It turns out he was not only having a good look at them himself before giving them to us, he was also taking them home and letting his family pour over them . . . and no doubt any neighbours who were passing at the time. We were seeing our precious pictures third hand! At first we thought about protecting our privacy by asking him to bring all new photos straight home to us. But we decided it wasn't that big a deal, and adopted a "when in Rome" attitude. And anyway, this little cultural quirk saved Richard a lot of time:

"Are there any worth looking at?" he'd ask, as Mr. Wu handed him the latest pack of photos. "There's a good one of Thomas, but the rest are so-so." "So I needn't bother with the rest?" "Right." Once we got used to the fact that we had no secrets from this man, rather than being embarrassed, we found him indispensable. This was especially so when we were trying to wade our way through China's bureaucratic marshland. As a foreign resident, whenever you came within a red tape's breadth of officialdom, there were a multitude of regulations to be observed, fees to be paid and



recognized by Guinness as the largest in the world. The Tallest Menorah: According to the Code of Jewish Law, menorahs can be a maximum of 20 cubits high (each cubit equals 18 inches), yet several organizations claim to have lit "The World's Largest Menorah." Who is the true winner? While no one has created an official, rabbinically approved standard for measuring menorah height, the ultimate goal of these record attempts may not be competition, but rather encouraging people to light their own menorahs. "The real point is to create a highly visible symbol of the message of Hanukkah," says Rabbi Shemtov of the American Friends of Lubavitch. In 1997 a menorah was built in Latrun, near the main Jerusalem-Tel Aviv highway. It was more than 60-feet tall, weighed 17 metric tons, and took up an area of 600-square meters. A rabbi was lifted in a crane each night of the holiday to light the candles.

message of Hanukkah," says Rabbi Shemtov of the American Friends of Lubavitch. In 1997 a menorah was built in Latrun, near the main Jerusalem-Tel Aviv highway. It was more than 60-feet tall, weighed 17 metric tons, and took up an area of 600-square meters. A rabbi was lifted in a crane each night of the holiday to light the candles. The menorah, which was made of metal pipes, was erected by the Chabad movement. The 19th annual lighting of the National Hanukkah Menorah took place on December 13, 1998. The American Friends of Lubavitch claim that their 30-foot aluminum menorah is the largest in the world. Prominent dignitaries, including the president, members of Congress, ambassadors, and Jewish communal leaders have attended and participated in the lighting of the National Menorah. *Continued from page 1.*

Big Noses Continued from page 2 and 3.

This was especially so when we were trying to wade our way through China's bureaucratic marshland. As a foreign resident, whenever you came within a red tape's breadth of officialdom, there were a multitude of regulations to be observed, fees to be paid and forms to be filled out in triplicate. But Mr. Wu understood the system, and knew that every rule could be bent if handled the right way. He knew how to save time. And money. In Beijing, cars had to go for an annual check on their road-worthiness. The interesting thing was, only a perfunctory examination was carried out, and then you were told which one out of your brakes, gears or engine needed to be repaired. There was nothing actually wrong with your brakes, gears or engine, it was just a way of making money from the motorists. When you took the car to be "repaired," the mechanics sat around looking at it for a while and then accepted your payment. The size of your bill was in inverse proportion to the closeness of your relationship with the garage staff. Having Mr. Wu do all this saved us chunk of cash - he had connections all over the city. He also had the gift of the gab, and could talk his way out of much of the trouble that we blundered into. After we bought the Jeep, for various reasons it took a couple of months before Mr. Wu could register us as the new owners. When he finally went to do this, he was told that it was much too late and that we had to pay a fine of over \$700. Well, he spent the rest of the afternoon hanging around chatting with the office staff, trying to talk his way around the problem. And he succeeded: in the end, it came down to placing a carton of cigarettes into the right hands. Mr. Wu buffered us from much of China's day-to-day silliness, which our driverless compatriots regularly ran into. When Dave, an American we knew, went along to register his car, he handed over all the paperwork, including the requisite two photographs of the vehicle, expecting the official certificate to be issued promptly. "These are no good," was the response from the local bureaucrat, after he had glanced briefly at the photos. "Why?" "They are too dark." "They look alright to me." "But I cannot see the car." Dave was a good-natured fellow of immense patience, but was finding this exchange a little trying. With his facial features beginning to twitch into the beginnings of a snarl, he enunciated slowly and clearly, "Which part of this car can you not see?" A slight pause, then inspiration struck: "Well, the photos are okay now, but once they fade they will be no good. I cannot accept them." Hiring Mr. Wu and buying the car changed our lives. Now, as I went about my daily activities, I could enjoy the luxury of sitting back and watching Beijing's street life instead of fretting about being the victim of yet another taxi driver trick. We were able to take fun trips at the weekends, and felt good about seeing some of the outlying areas and doing a bit of hiking. At last we were living a little, instead of merely surviving.

A spellbinding trip to India as a teenager gave Sally Grattidge an enduring passion for travel...and for telling the stories. Her piquant observations have been published in magazines in Asia and North America. A native of Scotland, Sally currently lives in Calgary, Canada with her husband and three small boys. To read more about the book and the author, click on www.bignosesinbeijing.com . Readers can also read more of Dr. Anne Copeland's works (featured last week) on www.interchangeinstitute.org



The 2000 Dietary Guidelines for Americans recommend that individuals consume a variety of foods to meet their nutrient needs since no single food can supply all the nutrients in the amounts needed by an individual. However, for some people it may be necessary to take supplements in order to meet the recommended intakes for calcium. In 2002, calcium supplements were the number one selling mineral supplement and the 3rd highest selling supplement overall in the U.S. nutrition industry totaling approximately \$877 million in sales.

The two main forms of calcium found in supplements are carbonate and citrate. Calcium carbonate is the most common because it is inexpensive and convenient. The absorption of calcium citrate is similar to calcium carbonate. For instance, a calcium carbonate supplement contains 40% calcium while a calcium citrate supplement only contains 21% calcium. However, you have to take more pills of calcium citrate to get the same amount of calcium as you would get from a calcium carbonate pill since citrate is a larger molecule than carbonate. One advantage of calcium citrate over calcium carbonate is better absorption in those individuals who have decreased stomach acid. Calcium citrate malate is a form of calcium used in the fortification of certain juices and is also well absorbed. Other forms of calcium in supplements or fortified foods include calcium gluconate, lactate, and phosphate.

The amount of calcium your body obtains from various supplements depends on the amount of elemental calcium in the tablet. The amount of elemental calcium is the amount of calcium that actually is in the supplement. Calcium absorption also depends on the total amount of calcium consumed at one time and whether the calcium is taken with food or on an empty stomach. Absorption from supplements is best in doses 500 mg or less because the percent of calcium absorbed decreases as the amount of calcium in the supplement increases. Therefore, someone taking 1000 mg of calcium in a supplement should take 500 mg twice a day instead of 1000 mg calcium at one time.

Some common complaints of calcium supplement use are gas, bloating and constipation. If you have such symptoms, you may want to spread the calcium dose out throughout the day, change supplement brands, take the supplement with meals and/or check with your pharmacist or health care provider. **Calcium supplements** have the potential to interact with several prescription and over the counter medications. Further information about these interactions is described below. Some examples of medications that may interact with calcium include:

- Digoxin
- Fluroquinolones
- Levothyroxine
- antibiotics in tetracycline family
- tiludronate disodium
- anticonvulsants such as phenytoin
- thiazide, type of diuretic
- Glucocorticoids
- mineral oil or stimulant laxatives
- aluminum or magnesium containing antacids



Calcium supplements may decrease levels of the drug digoxin, a medication given to heart patients. The interaction between calcium and vitamin D supplements and digoxin may also increase the risk of hypercalcemia. Calcium supplements also interact with fluoroquinolones (a class of antibiotics including ciprofloxacin), levothyroxine (thyroid hormone) used to treat thyroid deficiency, antibiotics in the tetracycline family, tiludronate disodium (a drug used to treat Paget's disease), and phenytoin (an anti-convulsant drug). In all of these cases, calcium supplements decrease the absorption of these drugs when the two are taken at the same time.

Thiazide, and diuretics similar to thiazide, can interact with calcium carbonate and vitamin D supplements to increase the chances of developing hypercalcemia and hypercalciuria (elevated levels of calcium in urine). Aluminum and magnesium antacids can both increase urinary calcium excretion. Mineral oil and stimulant laxatives can both decrease dietary calcium absorption. Furthermore, glucocorticoids (for example: prednisone) can cause calcium depletion and eventually osteoporosis, when used for more than a few weeks.

Some of the various calcium supplements on the market.

Speak with your health care advisor about a calcium supplement that is right for YOU!!

AROUND TOWN

North American Women's Association (NAWA) promotes friendship among North American women, and between North American & Ghanaian women. NAWA fundraises for charitable organizations that support women and children in Ghana. Meetings are held on the **second Thursday of each month**, between September and May. Join us at **6:45pm** at the **Coconut Regency Hotel**. Look forward to meeting new friends, supporting worthy causes in Ghana and participating in cultural and social activities. The NAWA published book, *No More Worries*, can be found in stores throughout Ghana. Check the www.noworriesghana.com website or go to www.nawaghana.com. Call secretary Carol Pietryk at 0242 108273 (email: icpietryk@yahoo.com) or president Monica Carr at 0243 680799 for further information. "You are welcome."

Ghana International Women's Club Formed in 1980 with the intention of establishing a strong bond of friendship among 'women of the world', and fostering a better understanding of one another's cultures. Members organize fundraising events and volunteer work. Monthly meetings every 2nd Wed at **Kohinoor Restaurant in Osu** at 9:30 am.

Ghana Bead Society Develop knowledge, appreciation, and interest in beads in Ghana, both from a traditional and contemporary point of view. Monthly meetings at the DuBois Center, East Cantonments; 4:30 pm, first Thursday of each month. Contact Trish Graham at 764-349 or e-mail: trish_graham@hotmail.com.

Alliance Française Provides French classes for children and adults, and hosts numerous cultural events. Located on Liberation Link Road, Airport Residential. Tel: 773-134.

American Chamber of Commerce promotes commercial, economic, educational and cultural ties between the U.S. and Ghana. Their regular luncheon meetings are on the last Wednesday of the month at La Palm from 12-2:30. Tel: 247-562, 024-251-605. E-mail: amchamgh@ghana.com; Website: www.amcham_africa.org. Located at Hse #C609/3 5th Crescent St, Asylum Down.

Scottish Country Dancing The Caledonian Society of Ghana: Scottish Country dancing is back. All are welcome to join in at the Grasscutters club, every Tuesday night from 7.30pm. For more information call 0244 069 169 or e mail caledonianghana@yahoo.co.uk
Accragio, a singing group open to expatriates and Ghanaians, is preparing its fall program and welcoming new singers. For more information, call Nate at 774-558. Rehearsals take

place every Tuesday night at 7:30 p.m. in Labone.

Energize yourself and reduce stress with **Hatha Yoga** at YMCA Mon-Wed-Friday, 5:30 pm - 7 pm. Contact Peace on 024-422-6079 or 775-348 ext. 4277.

The International Players The International Players is a local amateur dramatic group that performs publicly. Anyone interested in amateur theater is invited to participate. For information contact: Trish Graham at 764-349 or e-mail: trish_graham@hotmail.com.

Bunko is up and running here in Accra! Fast paced, easy to learn, no skill required, (**ladies only!**) dice game. We meet monthly at rotating houses. For more info or to sign up, email Kylie at edhrcir@hotmail.com.

Theater Mirrors. A local Ghanaian acting troupe, begun in 1986, whose members perform every Friday night at **Bywel Bar**, located across the street from Sotrec Grocery in Osu. Admission is free. 8 PM. The acting group is also available for private performances. Call 024-678956 for details.

Ghana National Theatre Monthly Symphony Program "Sunday at Five" held the last Sunday of every month **is now at Christ the King Parish Hall due to renovations.** Still at 5 pm, still a bargain at 20,000 cedis, 665-735 or 663-467.

Friends of Bill W. Meet Monday evenings 7-8 pm near the Cathedral in Adabraka. Contact Ludwin 020-2018540 or Lydia 024-611385.

Happy Hour Fridays at 5:30 pm an informal group meets for unwinding at the Labone Coffee Shop. All are welcome.

Hash House Harriers (Accra) The Hash House Harriers has been described as a '*drinking group with a running problem.*' However, non-drinkers and walkers are welcome. The Hash runs every Monday, with a 5:15 pm **sharp** departure. Location varies. Contact ac_crahhh@yahoo.com for details.

Hash House Harriers (Tema) is composed of Ghanaians and expats in and around the Tema area and welcome families with children. Every Thursday at 5:15 April thru October and 5:00 pm November thru March. Contact Frank Davis, at frank.davis@valcotema.com or call 020-201-1525 for information on directions to starting point.

Duplicate Bridge group meets every Tuesday night at 7:30. Any questions please contact Gerry Gray Thibodeau for information or to arrange a partner, 021-775-414. (evenings)
Pick-up Basketball Tuesday evenings (6-8 pm) at GIS. Everyone is invited to join the fun. For

additional information, please contact Ted Lawrence (tlawrence@usaid.gov) or Rob Clausen (rclausen@usaid.gov). They can also be reached by telephone at 228-440.

Pippa's Health and Fitness Center in Osu runs **Tumble Tots** on Monday, Wednesday and Friday from 9:30-11:45 am for 40,000 cedis a day. Toddlers can run around, play, and climb on the gym's tumble equipment and meet other toddlers in the area. Parents or nannies are welcome. Call 22 44 88 for more info.

Mom/Dad & Tots (3 and under) at British High Commission Grasscutters Return. Wednesdays 9:30-11:15 am.

Taekwondo at Pippa's Health and Fitness Center. Adults and kids are welcome. Learn from National Champion Master Stephen Yeboah. Call for registration: 22 44 88.

Frisky's International Film Buff Club views films Tuesdays 7pm. Call Ian at 0244 363017 or Katya at 024 329679 for directions or to receive a map by email.

Free Meditation each Wed at 6-7pm. Free pranic healing Wed. 10am-6pm. At the GMCKS Pranic Healing Center, 1st floor, Pyramid House, Ring Road central (Next to Alitalia). Website: www.pranichealing.org Phone: 0275089645 Mythili Raja Mohen

International Spouses Association of Ghana (ISAG) Are you a non-Ghanaian married to a Ghanaian? If yes, then come and meet others in a similar relationship. First Wednesday of every month at 5.30pm at Ghana International School film room. It's fellowship with some serious bits! For more information, contact Judd on 024-476-7063 or Nina on 024-477-8229 or email isag@ighmail.com

The Accra Tema Yacht Club (ATYC) is in Ada on the Volta River, 1½ hours from Accra, close to Manet Paradis Hotel. Races of catamarans and sail boats are held monthly. ATYC has 3 Lasers available for daily or hourly rental, a small bar and four chalets where members may stay overnight. **New members are welcome** as are day visitors for which a nominal daily charge is payable. Contact dmcallag@gmail.com -or- Duncan.macnicol@asc-gh.com

African American Association of Ghana (AAAG). General meetings held every third Saturday of the month. 2-4pm at the W.E.B. Dubois Center in Cantonments. For more info call 021-785438 or sankofaaaag@yahoo.com

Fit & Fun Gymnastics Club for children from 2 years and teenagers. Learn the basics of movement improve flexibility, balance and body awareness. Gymnastics helps them learn self discipline, patience and have more self confidence. Call 024 3515889 for info.

Community News and Events

AN INTERNATIONAL NGO REQUIRES FOR IMMEDIATE EMPLOYMENT: TRAINER

This position is primarily responsible to assist our Program Manager in preparing refugees for resettlement in the US. The position involves planning, development and delivery of a curriculum designed to introduce refugees to life in the United States. Travel within West Africa will be required.

Qualifications:

Professional teacher training certificate plus a minimum of 3 years teaching and/or training experience

Must have lived or worked in the United States for at least one year

Previous West Africa travel experience (and passport) required

Strong written and verbal English skills

Fluency in French highly desirable

Demonstrated typing and computer skills (Word, Excel)

Refugee experience desirable

Applicant must be in good health

Applicant must be Ghanaian

Qualified applicants should email their CV's to hr@opeaccra.org

Applicants without the minimum basic requirements need not apply.

ADMINISTRATIVE ASSISTANT

A large NGO involved in refugee resettlement is seeking an Admin Assistant to support the directors as well as the Administration and Finance Department. Main duties include file/data management and minute-taking. This is a part-time position.

Qualifications:

Minimum of Bachelor's degree in administrative/secretarial field OR Diploma plus 2 – 3 years relevant work experience

Demonstrated computer skills for MS packages as well as internet proficiency

Ability to contribute as a member of a culturally diverse team

Strong written and verbal skills are required

Excellent organizational abilities are a must

Ability to work independently and discreetly

Qualified applicants should email their CV's to hr@opeaccra.org

Applicants without the minimum basic requirements need not apply.

Leaving?

Can't take that wonderful dog with you but you want it to go to a good home? I am looking for one nice adult dog whose bark is worse than its bite. One who is good with children but fiercely protective of it's environment.

Prefer Alsatian but would consider other breeds as well. Please contact Laurie 0277-549905

SPECIAL SALE - AFRICAN JEWELLERY.

A group of African Jewelry Designers will be holding a sale every Friday from 8 am -11am in Airport Residential Area during one month. Please call :
Tel:0242 266 713 OR 0244 372 834

Experienced Housekeeper Available– Michael has 4 ½ years experience working as a housekeeper / gardener for U.S. Embassy families and 12 years experience as a gardener for expats prior to housekeeping. He is extremely reliable, hardworking and an excellent housekeeper. Please call Diane at 0244331244 for a reference. (1)

CLASSIFIEDS

The Okyeame is published weekly by the United States Mission, Accra. It is for the use of all Mission employees and their families. Post activities and items of general interest are included in this newsletter. Please send news items, and classified ads to accrao-kyeame@yahoo.com. **Classified ads may be placed by members of the Mission or members of other foreign missions stationed in Ghana.** Submission deadline is 5pm Monday of the publication week. Ads will run for 3 weeks and can be renewed. If an item is sold, please notify accraokyeame@yahoo.com. Send your classifieds to accraokyeame@yahoo.com.

SEEKING EMPLOYMENT

Looking for a very experienced cook/housekeeper that can make a variety of western and African meals, appetizers, and desserts, know how to serve at dinner parties, and light housekeeping. contact Monique at 0244311944 (3)

Djemela is a young lady looking for employment as a **domestic help and cook**. She is hard-working, honest and trustworthy. Call Djemela directly at 0242-929757 or for references call 0244-311256. (3)

Do you need a **reliable and trustful person** to look after your house and perform different tasks? Joseph Alou, has over 17 years experience as guard, handyman and gardener in the Embassy of Former Yugoslavia. Refs. available. Contact either Joseph Alou on 024 67 40 815 or his former employer Mr. Anjelkovich on 024 43 74 020 (2)

Driver, "Man-Friday" available. Emmanuel has worked for me for nearly three years. He is a flawless driver - has not even scratched my car in that time. He does countless other tasks and does them all well, including running errands, washing and ironing (he does this very well), and taking care of my dogs. Call 0344-311-262 or email mschulman@usaid.gov (3)

Driver available - reliable, responsible, honest and safe. Isaac has worked for us for two years and we have trusted him to drive our new baby. We are returning to Australia mid-December and are keen to find him a new position. Call Isaac on 0243 455 367 or 021 780 380 for references.(2)

Need a Turkey or several for **Christmas**? For Sale: Imported turkeys raised locally. Great quality--sold live or dressed. Location near US Embassy Annex. Contact Eddie-0244-053305 (2)

FRENCH TUITION - Qualified and experienced French teacher. From Beginners to specific French, children and adults. Send email to received complementary information to: transnet@hikyaku.com (2)

USAID/GHANA

is recruiting a Secretary to support the USAID/Ghana Contracting Office (CO). This is a full time position open to Ghanaian nationals.

Secretarial: Manages the CO, screens visitors and telephone calls and either directs them to the Supervisor or provides response to the enquiries, maintains the Supervisor's calendar, handles incoming and outgoing mail, types in final form faxes, letters, cables reports, documents etc.

- **Contract Support:** Liaising with Supervisor/Strategic Objective Team Staff, and Controller staff, maintains, generates and provides the Contracting Officer with monthly management reports, which include Procurement Plans, Open MAARD Requisitions Report and Open Acquisition and Assistance Awards Report using spreadsheets, and ensures timely closeout of contract and grant files.

- Assists Supervisor with back-stopping of actions including work on purchase orders, during procurement cycle.

- Assists the CO with closeouts, distribution of awards, file maintenance.

Administrative: Oversees all logistics related to CO travel, including travel authorizations, advances, vouchers, coordinates hotel and travel arrangements with travel section.

Other: Serves as back-up to the USAID Deputy Mission Director and serves as personal and confidential assistant to the USAID Mission Director when necessitated by the absence of the Director's Secretary. Maintains files for all Contract Office open acquisition and assistance instruments, general correspondence, etc.

EDUCATION: Two years post secondary school training in Secretarial, Business Studies or related field.

EXPERIENCE: At least three years of progressively responsible experience in the secretarial field is required.

SKILLS: Excellent computer skills in Microsoft Word, Excel and Powerpoint. Candidate must have excellent writing skills and ability to take initiative and work with minimum supervision.

Interested applicants should please apply to:

The Contracts Secretary Position

USAID/GHANA

P.O. Box 1630

Accra. **CLOSING DATE: January 6, 2007**

CLASSIFIEDS

The Okyeame is published weekly by the United States Mission, Accra. It is for the use of all Mission employees and their families. Post activities and items of general interest are included in this newsletter. Please send news items, and classified ads to accraokyeame@yahoo.com. Classified ads may be placed by members of the Mission or members of other foreign missions stationed in Ghana. Submission deadline is 5pm Monday of the publication week. Ads will run for 3 weeks and can be renewed. If an item is sold, please notify accraokyeame@yahoo.com. Send your classifieds to accraokyeame@yahoo.com.

MISCELLAENOUS	VEHICLES FOR SALE	
URGENT. HOUSING. Diplomats looking for a good accommodation in Airport Res., Cantonment or East Legon. No agent please. Tel: 0242 266 713 (3)	Land Rover Discovery Series II 4x4 In good condition, service history available from Mechanical Lloyd. Model: TD (Turbo-Diesel) 5 Model Year: 2001 Guards on front and rear lights Front Grill guard Extra Set - Alloy rims (4) Land Rover Fridge Transmission: Manual 5 speed gearbox. 5-seater, 5-door, Epsom Green US\$ 25,000.00 ono Contact: Mr Adekoye Ademola 233 24 286 8156 Fax: +233 21 512 981 (3)	1998 Honda Civic 4 door sedan, 61700 miles, manual transmission. Excellent condition. Duty not paid. (Estimated at 15 million cedi) Price Reduced to \$5200. Please call Diane at 0244331244.
For Sale: Child Bike Seat – New Top of the Line Topeak BabySitter suspension child bike seat. \$120. Please call Diane at 0244331244. (2)		Mitsubishi Pajero 1997, 2.8 TDI, Diesel, A/T, Power Steering, Electric Windows, 5 Doors, 7 Seater, Sun Roof, Bi-color Metallic Green/Gold, duty not paid \$15500. Call 0244330173. (1)
For sale: Like new Harvard Foosball Table for sale. Has an electronic score keeper along with manual score keeper. Has no ware marks. Paid \$500 and used rarely. Yours for \$300 or best offer. Call 774-502 and ask for Jessica. Accept cedi (2)	Kia Sephia 1993. Available in December. Duty paid. \$2700.- or best offer Interested persons please call or Jennifer: 021-22812 or jenny-mo_77@yahoo.com (2)	For Sale: DSTV box and satellite dish for 3,100,000 cedis. Call Gail at 021-773-465 or 0244311944. (1)
For Sale: Very good condition Sony Camcorder and other accessories. Paid \$300 rarely used. Yours for \$200 obo. Zach after 6:00 pm 774-502. Cedi.(2)	For Sale: like new 2 gigabyte sony psp memory ,three sony psp games and a movie for sale madden 06,fightnight 3,etc.\$300 negotiate-able.ll 0208804684,021912690 or email herbieokantey@yahoo.com.	Looking for a 4-year-old 4WD car for mainly in-town use. Please contact Anne or Wilma de Groot at wilma.degroot@chello.nl.(2)
CHRISTMAS SHOPPING/GIFT GIVING MADE EASY. Looking for that special gift for that special person? We have top-of-the – line products that rival Clinique, Lancome, etc, etc., in both quality and price. We have energy drinks that taste like sodas but don't have the calories and carbs. Visit all our sites at: www.ddebrah.qbeautyzone.com ; www.ddebrah.ordermygift.com ; www.ddebrah.qhealthbeauty.com . You can also email me at delademdebrah@bww.com . Deladem can be contacte Deladem can be contacted in the USA at 866-287-9275.	Are you a quilter? Create a memory of Ghana using my adinkra symbol applique patterns to make a quilt, a wallhanging, or pillows. For pictures and price list: email Widdison@hotmail.com . Subject line: adinkra design patterns.	2004 Nissan X-Trail. Imported new from Japan in 2005. Fully loaded: Auto transmission; 4 wd; A/C; leather; pwr seats, windows; keyless entry; 6 disk cd changer and cassette. Still under warranty. All service performed at Nissan Auto Parts. Only 19,000 km. Duty not paid. \$23,000 or best offer. Call 0244-313-523 or e-mail jbsandefur@yahoo.com . (3)
	Famous Proverbs: If there were no elephant in the jungle, the buffalo would be a great animal. Ghanaian	